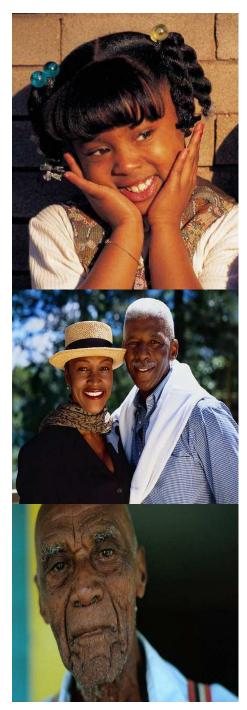
## **Take Charge of Diabetes!**

Attend Center for MultiCultural Health Diabetes Support Groups







## Join us to:

- Meet doctors, nutrition specialists and other health care professionals and ask questions about diabetes and its complications;
- Find out about resources for free or low-cost medical supplies;
- Enjoy a heart-healthy snack; and
- Meet other people who are living with diabetes.

Support groups for 1st quarter 2005: Thursday, Apríl 21st, 5:00 - 7:00pm Thursday, May 19th, 5:00-7:00pm Thursday, June 16th, 5:00-7:00pm

Support groups are held at the Center for MultiCultural Health office, 10514th Avenue, Suite 2C in Seattle.

For more information about upcoming classes and support groups, please call 206/461-6910.